

PASSION BEYOND MEDICINE



DOCTORS' HEALTH in
QUEENSLAND

Inspiration and influences promoting wellbeing beyond the field of medicine

EXHIBITOR CATALOGUE



HELP IS ONLY A CALL AWAY

24/7 Confidential Helpline:

(07) 3833 4352

dhq.org.au

A confidential, free, independent, colleague-to-colleague advisory service for Queensland based doctors, medical students and their families.

TELL ME ABOUT THE HELPLINE:

The DHQ helpline is free, confidential and available 24/7 to all QLD-based doctors and medical students.

WHAT'S THE CATCH?

There is no catch. DHQ's helpline service is provided at no cost thanks to our team of volunteer on call GPs.

DO I NEED TO SIGN UP OR BECOME A MEMBER?

No. The helpline is available to all QLD based doctors and medical students.

WHO WILL I SPEAK TO?

The confidential helpline is staffed by trained senior General Practitioners trained and experienced in supporting medical colleagues suffering from a wide range of health and stress-related problems. We can also help you to access appropriate additional services, when required. Please note, whilst we aim to return your call straight away, our on call GPs may be

seeing patients, which may in some cases result in a delay of a couple of hours before your call is returned.

WHAT DO PEOPLE CALL ABOUT?

A whole range of issues and circumstances. These can include, but are not limited to:

- ▶ Workplace and study stress
- ▶ Personal difficulties and mental health matters
- ▶ Bullying and harassment
- ▶ Help finding an appropriate GP, specialist or psychologist
- ▶ Debriefing following clinical incidents, medical errors and complaints
- ▶ Support when facing medico-legal or Mandatory Reporting concerns (alongside support from an MDO)

WHAT ABOUT EMERGENCIES?

This is not an emergency service. Urgent crisis support is available at:

Lifeline: 13 11 14

Beyondblue: 1300 22 4636



IS IT CONFIDENTIAL?

Yes, all information is managed as strictly confidential. For more information go to: dhq.org.au/about/confidentiality

WHAT ABOUT MANDATORY REPORTING?

Many people ring us when they are concerned about mandatory reporting and their access to health care. Seeking support needs to be your priority and we can assist you.

I'M CONCERNED ABOUT A COLLEAGUE/ FAMILY MEMBER WHO IS A DOCTOR/ MEDICAL STUDENT. CAN I CALL THE HELPLINE?

Yes. We welcome calls from concerned colleagues and family members of doctors and medical students.

I'M NOT BASED IN QLD. WHO CAN I SPEAK TO?

For doctors' health advisory services in other Australian States and Territories go to adhn.org.au

WHAT WE DON'T DO:

- ▶ Offer legal advice. We recognise that experiencing medico-legal matters can be highly stressful and are very happy to provide you with support but for legal advice we recommend you call your MDO.
- ▶ Provide clinical treatment. We are unable to prescribe or offer long term interventions, however we can help you to get engaged with an appropriate provider and can follow up to ensure you have the support you need.
- ▶ Offer medical advice for the general public. We recommend you see your own GP, call Health Direct on 1800 022 222, or in an emergency dial 000 or attend your local emergency department.



Welcome

This exhibition seeks to recognise and celebrate the passions of Queensland's doctors and medical students, to promote the benefits to wellbeing of engagement in activities beyond the work environment, and to create a space to develop a community around inspirations outside of medicine.

DHQ's aim is to support doctors and medical students in Queensland to achieve optimal health and wellbeing throughout their careers. Improving doctors' health has benefits for the doctors themselves, their families and loved ones, their patients, and the health care teams they work with.

We are thrilled by the response and breadth of work submitted by current, former and future doctors to be featured in this exhibition. We would like to thank all the artists for their enthusiastic support of this event. We also appreciate the generous support of Woolloongabba Art Gallery.

We are looking forward to hosting other exhibitions in the future to champion those with passions beyond the profession and to ensure that others are encouraged to find ways they can support their health and wellbeing as a physician.

Doctors' Health in Queensland is proud to host this exhibition titled "Passion Beyond Medicine"

We are very grateful to our generous sponsors for helping to make this event possible:

- ▶ **Avant**
- ▶ **The Royal Australian College of General Practitioners**

Thank you for joining us in bringing current and future generations of the medical community together to celebrate their creativity!

The DHQ Team



Dr Adrian Mattke

Adrian Mattke is a paediatric intensive care specialist with a keen interest in artistic endeavours. He has pursued artistic expression both in sculptures, painting and poems.

Adrian started his medical journey in Germany where he studied and started his first training positions, before moving to Australia and completing his paediatric and intensive care training. Adrian continues to be interested in artistic expression and has completed various art works, apart from being busy with his career and family life.

Why this is a passion for Adrian:

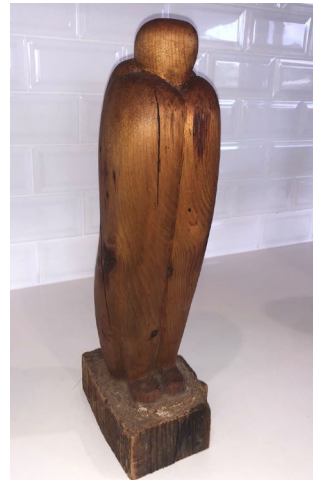
Sculpture, and expression of emotion in the medium of sculpture, has been a longtime passion of mine. Sculptures, by the very nature of the medium, is a very static art form, even when compared to paintings. The process of creating sculptures is slow, and it is difficult to change aspects later in the work process (unlike painting, that can be changed later on). For me, the dichotomy of the heavy, static and "unmovable" aspect of sculpture, compared to the fluidity of emotions and emotional expression, is the most fascinating part of creating sculptures. The three pieces presented here are part of a series that depicts desperation and loneliness, but also a feeling of safety and "wholeness" within the borders of shielding oneself off from the surrounding environment.



Despair
Sculpture
40 cm x 10 x 10 cm



Loss
Sculpture
40 cm x 10 x 10 cm



New Beginning
Sculpture
40 cm x 10 x 10 cm

Dr E-Hong Seah

E-Hong is a University of Queensland graduate who is currently a PGY4 Basic Physician Trainee at Gold Coast University Hospital. He has been making Linocuts for the last 15+ years as a hobby, initially starting off from woodcuts during his time in the Nanyang Academy of Fine Arts (Singapore).

He primarily focuses his artwork on wildlife, aiming to capture the nuanced features of the various fauna that pique his interest and highlight their individual uniqueness. Some of his work was previously exhibited at the 2019 DHQ Art and Medicine event.

He was also once berated in Kindergarten by his art teacher for colouring a house completely black, with the reasoning that it is night and that everyone has gone to bed.

His other artworks can be viewed on his Instagram page @Sialaheh.

Why this is a passion for E-Hong:

Every artist has their medium. Mine's linocut printing!

When you're lining your design on the linoleum block, you can't wait to start carving it out. When you're carving it, you can't wait to print it; I truly find the process of creating linocuts exciting! There is also an element of allure in the simplicity of the sharp contrast between blacks and whites; every line, shape, and shadow in juxtapose.

I largely do portrait works of wildlife and I don't generally strive to have any profound meaning within my artwork; Their subjects are just as nature made them to be, with their natural details and colours brought into greater focus as I find them aesthetically appealing.

Being able to indulge in my art as a hobby is valuable to me as a Doctor; My art provides me respite from the unpredictable hustle and bustle of the job!



Gang Gang Cockatoo
Linocut and Watercolour
24 X x 32 cm
FOR SALE



Australian White Ibis
Linocut
24 X x 32 cm
FOR SALE



Masked Plover
Linocut and Watercolour
24 X x 32 cm
FOR SALE

Dr Federica Cerantola

Federica is an international medical graduate. Trained in Intensive care and Anaesthetics in Italy, she moved to Australia in 2016, where she was met with burnout and an unfortunate set of personal circumstances.

The exposure to art as therapy, a wonderful creative mentor and the need to escape a highly stressful career, sparked a new passion for creativity and self expression.

She is on an artistic quest to find nothing, the focus of her experimenting with art mediums being the 'now', however imperfect and flawed. The acceptance of imperfection and failure being major drivers, she aims to contrast the high achieving and high strung mentality characteristic of the medical profession by rejecting career as an entity and focusing on the act of exploring itself, regardless of the outcome.

Why this is a passion for Federica:

Without any formal art education and having spent most of my life convinced that I was not a creative person, discovering art came as a total surprise. I started exploring the right side of my brain a few years ago and this has been my quest ever since. I now see the world under a different light (and colours, and textures). Learning about self-acceptance and compassion has taught me to value the creative process even more than the finished artwork itself, and this is what I cherish most. I don't consider myself an artist, but rather an explorer. My journey has no destination and the direction is continuously shifting, inspired by the world around me and the space beyond.



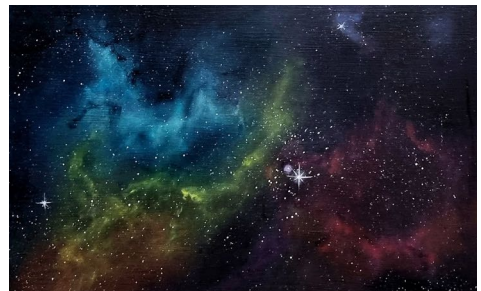
Everything

Acrylic on wooden panel | 31 cm x 31 cm



Even stars grieve

Acrylic on wooden panel | 30 cm x 45 cm



The spectrum

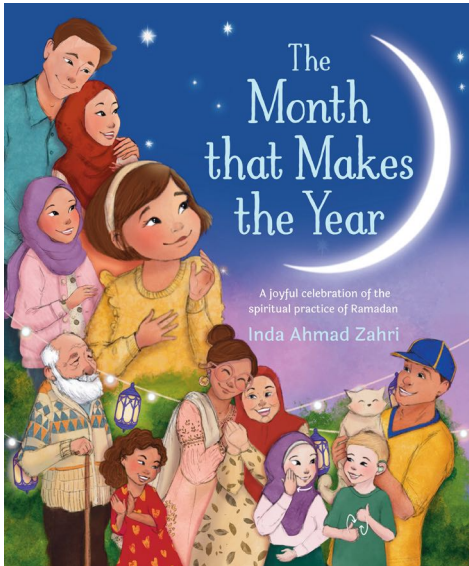
Acrylic on wooden panel | 30 cm x 45 cm

Dr Inda Ahmad Zahri

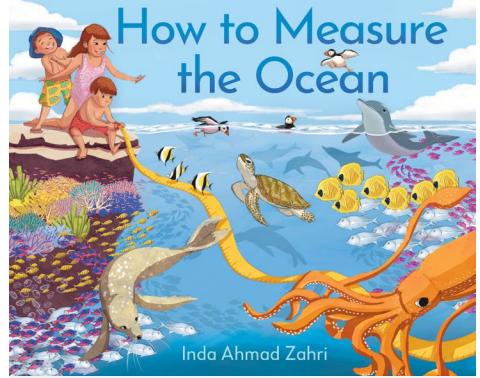
Inda Ahmad Zahri seems to always have a toe in one world and a pinkie in another. She is a surgical doctor who spends much of her time writing and illustrating for children. She grew up in Kuala Lumpur, studied in Bristol and made a home in Meanjin / Brisbane only to move to Riyadh (for now). Inda's books have been longlisted and shortlisted for multiple awards, including the CBCA, Speech Pathology and DANZ awards.

Why this is a passion for Inda:

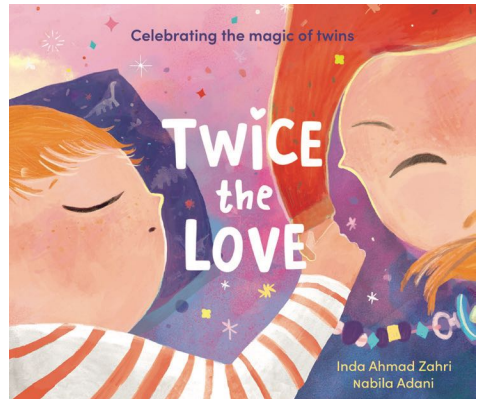
Literature has always been my first love, and since having children, I've been able to enjoy books with them and naturally fell into wanting to write for them, too. Picture books are ingenious modes of accessing the imagination and the real world, and I find the interplay between text and imagery truly enticing.



The Month That Makes The Year
Picture Book | 24 × 29 cm
FOR SALE



How To Measure The Ocean
Picture Book | 29 × 24 cm
FOR SALE



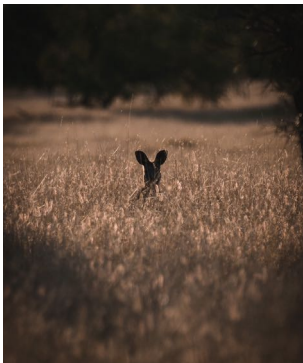
Twice the Love
Picture Book | 28 × 24 cm
FOR SALE

Dr Mukul Modgil

Currently working as a medical registrar in North Queensland, my journey in medicine started almost a decade ago but beyond the stethoscope lies another passion: photography. Capturing life's essence through my lens has become more than a hobby—it's a way of expressing the beauty I encounter beyond the hospital walls. Transitioning to a career in general practice next year excites me immensely. The prospect of delving into the continuity of care, unraveling each patient's story, and being there for them every step of the way fills me with anticipation. I believe this path might also grant me the opportunity to further explore my love for photography. Beyond medicine and photography, I find joy in simple pleasures. Whether it's the spirited games of lawn tennis and cricket or the artistry of cooking, I cherish every moment spent indulging my diverse interests.

Why this is a passion for Mukul:

Photography isn't just a hobby for me; it's a profound passion that has woven itself into the very fabric of my being. It all began unexpectedly about a decade ago during a family trip. With a phone out of battery, I found myself idly toying with my dad's neglected Nikon DSLR. Little did I know, that moment would spark a love affair that has only deepened over time. Every time I hold a camera in my hands, it's as if the world slows down and I'm enveloped in a state of serene bliss. Photography isn't merely about capturing images; it's a form of meditation for me, a way to immerse myself fully in the present moment. Just recently, during a photowalk in the wetlands, I found myself completely engrossed in the process. So much so that I didn't even notice the swarm of mosquitoes leaving their mark on my skin. It's moments like these—where I lose myself in the act of creation—that reaffirm why photography holds such a special place in my heart. Through the lens, I discover beauty in the mundane, find solace in chaos, and experience a sense of connection with the world around me that is truly unparalleled.



The Golden Gaze

Framed Print, ready to hang
22×22"

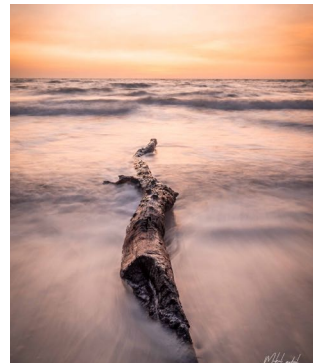
FOR SALE



Island Oasis

Framed Print, ready to hang
16×20"

FOR SALE



Sunrise Requiem

Framed Print, ready to hang
16×20"

FOR SALE

Dr Melanie Jansen

Melanie has written poems for as long as she can remember. She currently lives, writes, and practises medicine on Turrbal and Jagera land in Meanjin Brisbane. She is a Paediatric Intensivist at the Queensland Children's Hospital and is the Clinical Ethicist for Gold Coast Health. Melanie completed a Churchill Fellowship in clinical ethics and medical humanities. Medicine is a human art. Melanie believes that the arts and creativity are essential for developing the skills to practise medicine. She is a PhD Candidate in the School of Historical and Philosophical Inquiry at the University of Queensland, developing a pedagogy for collaborative critical thinking in healthcare. As a poet, Melanie has written a collection that reflects on work in the intensive care unit. Two of the poems from this collection have been recognised in competitions. Love Alone received a commendation in the Hippocrates Poetry in Medicine Prize. Some Days the Air is Soft won one a major prize in the Grieve Competition. The poems exhibited in Passions Beyond Medicine are also taken from this collection.

Why this is a passion for Melanie:

Writing poetry is a necessary process for me to make sense of my work in intensive care. Poetry pries open a space to reflect on the grief, love, and crisis that permeate everyday practice. Poetry is an artform that takes notice of moments. Poems can describe beauty, provide comfort, pay homage, provoke thoughts, and light joy. Poems can be read anywhere, giving a moment of connection to any day. The poems exhibited in Passions Beyond Medicine are grouped into Narrative, Reflection, and Finding the Lyric, reflecting the movement of my life from the intensity of work, to reconnection with nature and loved ones.

Like Stardust

Can we live on wishes?

Yours was a brief, golden moment,

then you slipped between our fingers —

out into the Universe, like stardust

shimmering through all things.

*Narrative
Poetry*

All the stars I see tonight

My heart and I sit on my front step.

Evening breeze swims around

my earlobe, my cheekbone and clavicle.

It unfurls down my bicep and whispers past my ankle.

Molecules of water escape from my skin into the night.

Sixty per cent of me is water. Do I end at my skin?

Or do parts of me evaporate? In constant exchange –
bartered with the atmosphere.

Bass notes from the Brewhouse play the night.

Punters rollick down Merton Rd

on their way, perhaps, to a Brisbane Pale Ale,

or to the city's worst vegetarian

restaurant. I look up at my stars and exhale.

How many pieces of me leave with each breath?

How many are renewed with each inspiration?

I can't see them properly here (my stars).

Blue-black sky bleached by the glow

from the Gabba, washed yellow

by lights in the carpark of the Mater.

Stained red by warning lights on the cranes

that crouch over the cross-city rail they're building.

The brightest stars – the closest? – hold

their stations unperturbed, though the city dulls

their silver. I feel I could reach and touch them -

until street-lit clouds flit between us, adjusting

my perspective. I remember I'm probably seeing

them post-mortem. I breathe the urban heat soak.

Not like an outback night. My ninth birthday - I am lying

on a foam mattress on the dirt of the Nullarbor Plain.

Skin rendered silver-gold by my stars.

Blue-black heavens lanced by sparks of light where

a Goddess has flung her jewels across the sky.

Finding the Lyric Poetry

Single father

It was one of those unexpected deaths. A day where chaos reached out and maimed a family. One of those times where even those of us who daily dwell in tragedy had our breath stolen. The single father steps out of the room where his son's body lies. He is a burly man. He has brown eyes that look well acquainted with smiling, but now they are wide and desolate. *I'm going now*, he says. *I want to thank you all for everything you did for him.* My larynx contracts as I speak, *I'm so sorry. I wish... my voice catches, so I stop. Frustration and shame flare hot in my chest, get your shit together, Janzen – it's not your kid who's died.* The single father meets my eyes. *I know you are*, he says. His shoulders tremble once. The air between us flexes as his pain applies torque to the shard of the universe we are sharing. I will my eyeballs to stay dry in the face of his stoicism. *You know you can take as long as you need? Don't rush away if you'd like more time with him. I manage a steady voice. I can't, he sobs for a fraction of a second, I have to get home to my other broken children.*

Finding the Lyric Poetry

Build your future with Avant – your partner in career and life

As you fellow, it's a pivotal time, bringing greater freedom and more medico-legal responsibilities. So, you need more support to build the career, lifestyle and future you want.

Practise at your best, with support from Avant:

- ✓ Extensive practitioner indemnity cover
- ✓ Save on indemnity cover* in your first four years
- ✓ Expert medico-legal and risk advice
- ✓ Cover for health, life and travel
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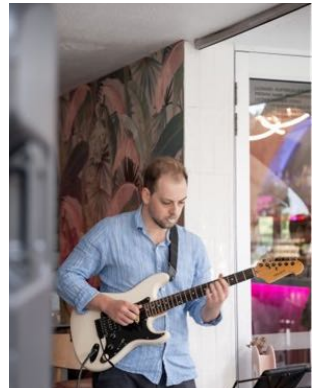
Dr Stephanie Giandzi
Recently followed

Queensland Medical Jazz

QMJ is a jazz group founded by medical students at The University of Queensland in 2012, bringing together students and professionals across all healthcare disciplines over a love of music! We have small and big band ensembles playing classic Coltrane to current Coldplay and everything in-between. QMJ perform at a number of social events throughout the year with all proceeds going to The Ashintosh Foundation. The Ashintosh Foundation is the charitable arm of the UQ Medical Society, providing health promotion to the wider community.

Why this is a passion for QMJ

As many medics can attest to, playing music is a fantastic escape from the everyday stresses of a life in healthcare. QMJ provides an opportunity for healthcare students and professionals to find a sense of community in their shared love of music. Many of our members have not played in an ensemble setting since their high school days, so QMJ is the reigniting of an old passion! We find that there is something special that happens when you come together to play a piece of music, sharing our passion for music with others through performance. It is also a great way to fundraise for an important charity whilst honing a skill!



Dr Rose Iron

Rose is a GP and emerging artist from Noosa. Predominantly working in acrylic and oil paint she explores capturing a moment in time and the transient nature of such. Rose has been painting since preschool and regularly exhibits in Stevens Street Gallery, Yandina and Ellen Greer Gallery, Brisbane. She was a finalist in the Local Artist Local Content Art Prize in 2023 at Caloundra Regional Galley. After studying at Art School Co, Maroochydore for the last 3 years, Rose has taken the next step and is currently attending Queensland College of Art having commenced a Bachelor in Visual Art.



Glide

Acrylic on canvas, framed in oak | 80 × 60cm
FOR SALE



Higher

Acrylic on canvas | 76.3 × 50.9cm
FOR SALE

Why this is a passion for Rose:

Painting is the ultimate in imaginative play. The brain imagines it and the hands create it on the canvas. On a good day imagination and creation look the same. On a great day it takes one by surprise and it is this that keeps an artist coming back for more. Painting is like creating your own language. There is peace and meditation in the brushstrokes and an attempt to make sense of a chaotic and stressful world. It can try to balance this which exists in medicine. It also takes discipline and focus, skills that are honed during medical study and practice. To summarise why painting is a passion for me I will quote Thomas Merton who said 'Art enables us to find ourselves and lose ourselves at the same time'.



Through the banksia

Acrylic on canvas | 60.9 × 76.2 cm
FOR SALE

Dr Ruth-Ellen Macht

In medicine, I am an emergency physician and medical educator with a particular interest in simulation education and research. In life, I am a happy wife and the mother of a human toddler and teenage Australian shepherd.

Why this is a passion for Ruth-Ellen

I feel most at peace out in nature, away from the hustle and bustle of life and my job. And I love the stories we can find and imagine in the lives of the wild animals who live there.



Together

Photograph Printed on Metal | 50x75cm

FOR SALE



Hope

Photograph Printed on Metal | 20x30cm

FOR SALE



Safety

Photograph Printed on Metal | 20x30cm

FOR SALE

Dr Samuel Edwards

Sam Edwards first learned to carve marble at the Tom Bass School of Sculpture by visiting Italian sculptor Usama Alnassar, in 2020, while working as a medical officer in an acute mental health unit.

He works almost entirely with unpowered hammers and chisels and a piece could take anywhere from a few months to over a year to complete while he works as a doctor part time.

His focus is on creating sculptures that are abstract whilst also being easy to relate to, drawing on the qualities of the marble itself to give the work real presence in the world and in the mind of the viewer.

Why this is a passion for Samuel:

We spend much of our lives in the digital sphere; ensuring an ever-growing proportion of our labour, leisure and even our relationships exist within – and are coloured by – a cacophony of memes, conflicting ideologies and passive aggressive emails.

As if existing in retaliation, stone is uncompromisingly real, ancient and indifferent.

Imbuing stone with a single idea takes countless hours of physical work and an understanding that every step taken cannot be reversed or edited.

Carving stone has become my own imperfect and quixotic answer to the question of how ensure the human in me doesn't become overwhelmed by the digital and the abstract.



A Meeting of Worlds

Carrara marble, camphor base.

290mm x 240mm at the base, 210mm high. 5.7kg



Untitled: Dragonfly

Cararra marble in a plywood box.

135mm x 120mm x 10mm

Dr Shelley Walker

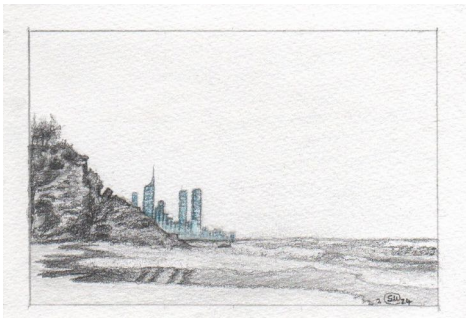
Dr Shelley Walker is a consultant in Emergency Medicine and a teaching fellow at Bond University. Outside of this Shelley enjoys hiking, spending time with family and indulging her creative side.

Why this is a passion for Shelley:

Painting and creating is almost a form of meditation for me, everything else melts away when I'm in that zone. I enjoy creating my own world, and quite often my artwork has stories behind it.



Little Blue Boat
Graphite and coloured pencil
6x4 inches unframed



Quiet Day
Graphite and coloured pencil
6x4 inches unframed



The Gift
Graphite and coloured pencil
4x6 inches unframed

Dr Taraneh Khoo

I work as a psychiatrist, ride horses and paint. Most days I wish I had more time to do each one.



Drifting in blue
Acrylic | 18 x 18"
FOR SALE



Wave catcher
Acrylic | 18 x 18"
FOR SALE

Why this is a passion for Taraneh:

Painting allows me to focus, relax and try to capture a moment in time. Mostly I paint figures or animals and I try to capture the light and shade that makes them unique.



She stands proud
Pastel | 71 x 97cm
FOR SALE

Dr Agustina Frankel

I am a doctor a Princess Alexandra Hospital and private practice. I get joy from seeing my patients have a good peri-operative experience. I find my work interesting, rewarding and curiously relaxing. My life at home is fun and based around nature. I enjoy life with my three children and husband, as well as chickens and honey bees.

Why this is a passion for Agustina:

I enjoy sewing. It's methodical and relaxing, and ultimately results in something that is practice and hopefully beautiful to look at!



Kyoto inspired camisole
Linen | Flax gauze
Medium women's clothing (162cm tall)

Dr Svetlana Johansen

I was born in Almaty, Kazakhstan, and have been an Australian for 25 years. I have 2 teenage sons and a very charismatic husband. I work as a civilian GP at Enoggera Barracks. Medicine is a world of precision and order.

Why this is a passion for Svetlana:

My art however is in contrast where disorder and abstract ideas and thoughts can create aesthetic harmony. Harmony to the eyes, harmony for the soul.



Glad tidings
3d picture in a frame
100 X 50 cm

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Queensland



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Dr Matthew Young

I've loved poetry since school. I won an international cricket poetry comp in 2010 and an ANZAC poetry comp a few years later. I love writing about my life, family and friends. The most fun I have with poetry is writing about my adventures around the world. Poetry is a wonderful way to commemorate my passions like travelling, cricket and of course my mates and family.

Why this is a passion for Matthew:

I love the magic of words and the rhyme and rhythm of poetry.

I love that poetry can encapsulate a moment or an event or a person, succinctly, humorously and accurately.

I love the memories that re reading poems can recreate.

It's Normal for Your Age 19-8-22

You're short of breath, you cough and wheeze
Although you have no known disease
You'll never walk up hills with ease
It's normal for your age

Your knees give way, they lock and click
Your lumbar spine has had the dick
You better sit and rest real quick
It's normal for your age

The public loos are memorised
The darkest pants are always prized
To keep those urine leaks disguised
It's normal for your age

Your senses fade, you're deaf and blind
No cogent thoughts sprout from your mind
Your intellect's been left behind
It's normal for your age

Your list of docs is growing long
Handfuls of pills help keep you strong
The ICU's where you belong
It's normal for your age

But still, you pay truckloads of tax
Slave long and hard like working jacks
For white, old men, 'thems' just the facts
It's normal for your age

A heart attack, an early grave
No fanfare, flags, no rant, no rave
No-one recalls how much you gave
It's normal for your age

It's Normal for Your Age
Poem

The Family Tradition Continues 12-5-13 2020 Ed

His genetics gave quite a clue
That his luck would not last
The deed was done, his destiny
Was faecal and forecast

The script was wrote, his fortune told
He'd not escape his fate
'Cos some bird's poo and Andy's head
Had prearranged a date

'Cos his Daddy struck misfortune
One morning in Cape Town
When a pigeon's anal ambush
Deployed upon his crown

Just in Table Mountain's shadows
Not far from Jefferies Bay
A flying fiend gave Daddy's hair
An excremental spray

While his Mummy's misadventure
Occurred in Kathmandu
When her head received a deluge
Of Himalayan poo

And her hat that she'd worn bravely
To Base Camp's icy heights
Was ruined by the effluent
Of one of Nepal's kites

So, when fickle fate's fair finger
Sent magpies to Seville
There was one among their number
Who'd serve that faecal bill

As Andy sat in silent hope
For his lunch to appear
His seat was shaded peacefully
By gumtrees crowding near

And high up on the highest branch
A magpie made his mark
He checked his telescopic sights
And waited for his lark

And as his subject leaned just so
He eased his splinter's tone
He pulled the trigger, shot his bolt
To strike the target zone

The little boy with golden hair
Knew not about his doom
As avian faecal shrapnel
Descended in a plume

It splattered hard, exploding shards
That coated his soft hair
And little Andy's eyes were filled
With shock and with despair

He recognised his injury
He recognised his plight
His pride was pierced most savagely
By his horrendous plight

His Mum and Dad both recognised
His hopelessness and pains
As flashbacks and recurring dreams
Went surging through their brains

And I know that in future days
Whenever we Youngs dine
We'll all send our gazes skywards
To check the skies are fine

Sky Diving at Swakopmund 10/12/02 2020 Ed

There's a hint of trepidation
As I drive to the field
And it heightens in the clubroom
As jump plans are revealed

I kit up in a silken suit
Of dashing wattle gold
And stride out to the airstrip with
A thin veneer of bold

We pack in snug inside the plane
My tandem master's cool
And we buffet ever upwards
To where the eagles rule

The man in charge, he buckles up
His harness clips to mine
My pulse has livened up a tad
And nerves all flood my mind

10 000 feet are on the clock
The wind is rushing in
We've got the nod, the door is up
So, let the fun begin

My tandem master's on the move
We shuffle to the door
I'm seconds from oblivion
I'm frightened to the core

I sit there on the precipice
Of endless worlds of space
My head is back, my arms are crossed
My legs are hooked and braced

Then I'm flying, falling, frantic
I'm hurtling back to Earth
Gravity is my master and
It pulls for all it's worth

I gather some composure to
Enjoy the rushing view
I see the Namib desert and
The sweet Atlantic blue

And the soft clouds float by easily
Relaxing in the breeze
And the Swakop River delta's
A haven for the trees

The quad bikes scurrite brightly to
The beat of raucous hoons
And the ocean surf is teasing
The undulating dunes

And meanwhile I'm still plummeting
Headlong toward the ground
Spearing through the desert sky to
A fearful, whooshing sound

Then with a jolt I'm floating soft
Sweet silence soothes my ears
There's stillness and there's calmness and
A quelling of my fears

Then we swoosh and sweep and spiral
Across the landing zone
My freedom's nearly over as
The Earth reclaims its own

My feet enjoy the soft caress
Of Namib desert sand
Its gentle kiss, its welcome touch
The safety of the land

Sky Diving at Swakopmund Poem

The Family Tradition Continues Poem



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